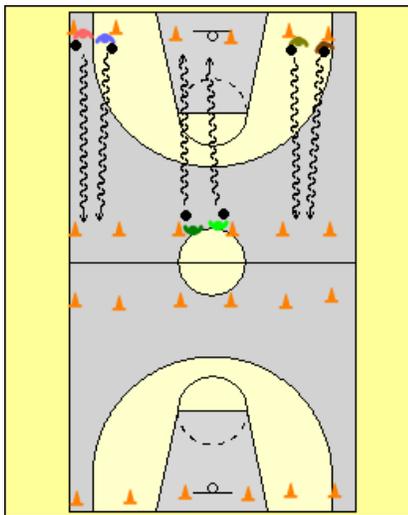


Dribbling Progression

CB's Coaching Education and Development

Coaches have many drills to work on the acquisition of dribbling. Players can go to the gym or practice at home, learning how to dribble on their own. The difficult step is moving the skill of dribbling from the acquisition stage (doing it on air) to the refinement stage (being able to use the dribbles effectively in competition). For this to happen the athlete must go through consolidation. Too often we skip this stage as coaches. Consolidation is where they are playing against guided defence and learning 'when' to use the skill. Players need to get comfortable dribbling as someone is running beside them. Presented here is one way to consolidate dribbling. The same process can be used with many other skills.

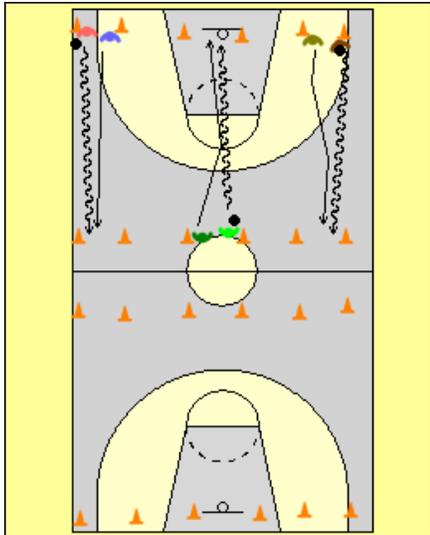


Both Partners Dribble

The players set up in the lanes of the basketball court. Each player has a ball. The players dribble with the balls in their outside hands. The key is to stay close to one another. When they get to half they switch hands and return.

Load

- Make use of speed dribble
- Make use of a crab dribble
- Bump into each other with your shoulders as your dribbling, get use to contact and maintaining your rhythm in your dribble
- Add ten fingers - have a coach or third player show ten fingers, this means the head must be up and the players pass. This person can also count the number of times that the eyes went down.



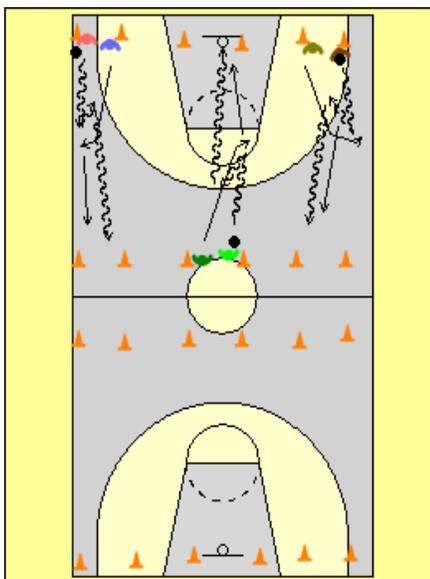
One Partner Dribbles

This time one partner is dribbling and the other player is running beside without a ball. When they get to half the dribbler switches hands and dribbles back. When they return to the beginning they switch roles.

Load

- Run along beside the dribbler and reach for the ball with the off hand
- Run along beside and randomly push the dribbler's hips (yes this is a foul, we need to get use to the occasional foul)
- Lean on the dribblers hips with your forearm; try to drive the dribbler off the line. The dribbler must lean in and resist the push. Get your shoulder in front, put the defender on your back.

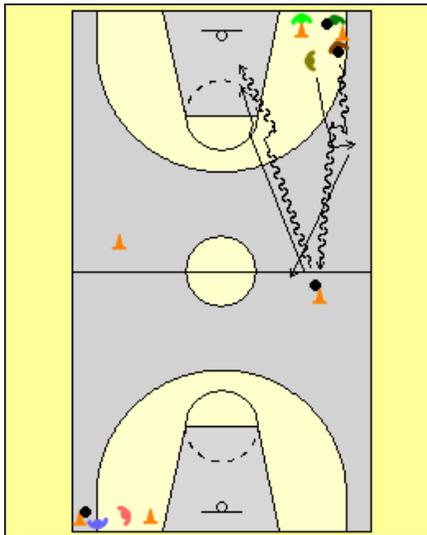
This ability to KOB (keep on back) the defender is crucial to being a strong dribbler. If the player gives in to the leaning defender by staying alongside of the defender, he/she will be forced to where the defender wants the dribbler to go. This is usually trouble; like a sideline, baseline, weak hand or trap.



Pullback Crossover

Now the defender is forcing the dribbler to the sideline. The dribbler does not have room to KOB the defender because they are too close to the sideline or an anticipated trap is looming. When the time is right the defender shows his/her chest. The offensive player 'reads' chest and does a pullback crossover dribble. The read also could be the looming trap or that the player is getting too close to the sideline.

Note: Remember that this is a consolidation drill. If you attempt to use this as the introduction to the pullback crossover you may find the players will note pull back. They may need to g drill on air, where they can acquire the pullback crossover dribble.

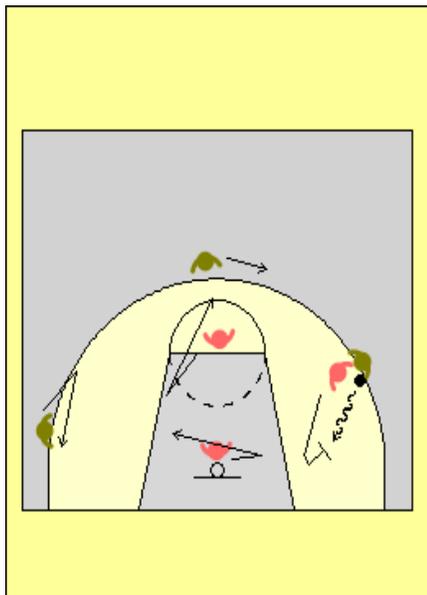


Pullback cross to half , attack the retreating defender

We now want to see if the player can use these skills in a competitive drill. We are on the verge of taking the skill to refinement. The players play 1 on 1 to half. If the defender can turn the offensive player, he/she does so. Once the offensive player reaches half the ball is set down. The defensive player immediately picks up the ball and attacks the basket to score. The randomness of the pickup means the new defender will be in a variety of positions. Can the offensive player use his/her body to seal off the defender?

Live

Another important area to use the pullback crossover is when driving baseline in the frontcourt.



What often happens is that the player attempts to drive baseline and is cut off before he/she reaches the key. If the ball is picked up in this situation the defence, that was beginning to rotate, can now recover back and deny the pass out of the corner. By using the pullback crossover the player keeps the ball alive and turns a negative situation into a positive.

